

The Mashpee Senior Connection

MASHPEE SENIOR CENTER/COUNCIL ON AGING
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Phone: (508) 539-1440 • Fax: (508) 539-2791
www.mashpeema.gov



LEARN ABOUT DENTAL INSURANCE — Tuesday, August 16, 2:30 pm. Community Health Center of Cape Cod has been proud to make a number of presentations about dental care and dental insurance at the Mashpee Senior Center over the past few months. Dr. Annetty Soto has visited to provide information about the many services offered at the Health Center's Dental Clinic. At this information session, Jacqi Lauterbach will be joining Dr. Soto to answer questions about dental insurance and other topics. The Health Center accepts most dental insurances, and has an Insurance Enrollment Coordinator on staff who can help individuals without insurance identify their options and can help them apply. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

HISTORY OF CAPE COD — A series of 5 Wednesdays through August 17, 10:30 am. Joan Houlihan is back by popular demand! Join us as she takes us back in time and looks at what really happened on Cape Cod and how we got to where we are today. We'll look back at the beginning days of the Cape's development and history. Cape Cod was among the first places settled by the English in North America. The Cape's fifteen towns developed slowly, aside from Barnstable (1639), Sandwich (1637), and Yarmouth (1639). The final town to be established on the Cape was Bourne in 1884, breaking off from Sandwich. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



ICE CREAM SOCIAL — Tuesday, August 9, 1:00 pm. Join us for our ever popular summer ice cream social with Yesterday's Country to entertain us. Yesterday's Country plays vintage country and western music popular during the Golden Era of country music. Brought to you by Royal Health. **Rsvp's required.** Please call (508) 539-1440 or stop by the front desk to sign up.



SOC IT TO ME EXERCISE FOR HEALING & WELLNESS — A series of 6 Thursdays, through August 25, 2:00 pm. **SOC It To Me** is a new exercise class for healing and wellness. Increase your physical activity with this easy and fun exercise program using a soccer ball — increase muscle strength, flexibility, and relaxation while having fun tossing a ball to a team mate! The instructor is Rose DiGregorio, M.Ed Health Science. There is a fee per class. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



TAKING CARE OF YOUR SKIN — Thursday, August 18, 1:30 pm. Join us for an educational presentation on the importance of skin care as we age and wound care for chronic wounds. Our skin is the largest organ in our body and it serves three major functions: protection, regulation and sensation. It is important that we make every effort to protect our skin and to understand that as we age, changes in our

skin render us more vulnerable to skin breakdown and potentially non-healing wounds. Most people heal just fine following a minor trauma; however, whether due to the natural aging process or perhaps medical conditions such as diabetes or vascular insufficiency, some individuals are burdened with chronic wounds that are challenging to heal. Presented by Cape Cod Healthcare Centers for Wound Care and Hyperbaric Medicine. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

THANKS ONCE AGAIN TO FOMCOA! The Friends of the Mashpee Council on Aging never hesitate to help the Senior Center in so many different ways. We have been needing a storage shed for some time, and the Friends have once again stepped up! The shed will be installed this summer in the back yard. Thank you, Friends, for your non-stop support!



FOMCOA THRIFT SHOP SPECIAL DISCOUNT COUNT DOWN FOR FALL — The FOMCOA Thrift Shop needs to make room for its influx of fall and winter clothing so all of our summer clothing is now on special. Check out the great summer clothing discounts being offered all month! The thrift shop is located directly across the parking lot from the Mashpee Senior Center.



MONDAY MORNING MOVIE MUSINGS — Do you ever wonder about the elements of a movie? What makes a movie a classic? What must it contain to win an Academy Award? Similar to a book discussion group, after watching selected movies at home, we will have a chance to get together at the Senior Center and share thoughts with other movie fans.



Our first series of movie musings was such a success that we are already planning a second series! Movie Series # 2 is **"Looking closely at Academy Award nominated movies from 2005"**. Why does one movie win the award and the others do not? Sit back, relax in your home or that of a friend's, watch the movie, and then come to the Senior Center ready to listen or be an active participant in one of the four Monday mornings in Series #2 as we take an in-depth look at each of the following movies from 10:00 am to 11:30 am:

- September 12 "Munich" and "Good Night, and Good Luck."
- September 26 "Brokeback Mountain"
- October 17 "Crash"
- October 24 "Capote"

Please register by calling the Senior Center at (508) 539-1440 or stopping by the front desk. **Please pick up your musings packet at the front desk prior to August 31.** This is a new packet specific to Series #2.



WANTED: CARD PLAYERS! Inspiring, clever, challenging, humorous, delightful, witty card players who love to have fun learning and playing pinochle are needed. **No experience necessary — we will teach you how to play!** Join us at the

Mashpee Senior Center every Monday at 12:30 pm. Rsvp's not required; just drop in!

CAPE COD SENIOR APPRECIATION PICNIC — Wednesday, September 28, 11:00 am — 1:00 pm. This event is sponsored by the Barnstable County Deputy Sheriff's Association. Join them for a K9 demonstration, a free lunch for Cape Cod seniors, and bingo games with prizes. **Location:** Bass River Beach Parking Lot (aka Smuggler's Beach), Yarmouth, MA. For more information, please call Joseph Gordon (508) 563-4319.

MASHPEE MEN'S CLUB AUGUST EVENTS – We invite retired or semi-retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker at 10:30 am. We look forward on Tuesday, August 2, to hearing Tom Kelleher describe the rise and fall of the Lowell Textile Industry. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. On August 11, we will enjoy our annual Paw Sox baseball game. Note: spouses and guests are invited to join us. If you have questions about our club, please contact Deane Turner at deane_turner@msn.com or Frank Lord at fjlord@msn.com.

BOOK CLUB — Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. The selection for August 19 is "The Girl on the Train" by British author Paula Hawkins. This is an engrossing thriller moving back and forth in time, with three narrators telling the story of Rachel, what she sees from the train window, and what she does about it. Come join us! New members are always welcome!



TOPS UPDATE — Some TOPS members will be doing a short, ½ hour walk from 9:30 – 10:00 am, Mondays and Wednesdays – weather permitting. On Mondays, the 10:00 am TOPS meeting will follow this informal walk. Come join us at the Senior Center at 9:30 am.

SPORTS HUDDLE — Wednesdays through August 31, 10:00 am — 12:00 noon. The Sports Huddle focuses on a discussion of sports-related issues, from professional down to college and high school levels with special emphasis on Boston and Cape Cod sports news. This course is part of the Academy of Life Long Learning. During August, it is open to all free of charge. No need to Rsvp; just drop in for a fun and lively discussion.

MASHPEE COUNCIL ON AGING ACTIVITIES NOT MEETING FOR THE SUMMER — Sea Mist Swimming (last day June 16), Mashpee Singing Seniors, Bowling, Armchair Traveler, Sketching, Sight Loss Services Support Group, Social Dining Around, PC and Gadgets Clinic.

THE NU-VOICE CLUB OF CAPE COD — Founded in 1976, the Nu-Voice Club of Cape Cod is a social and support organization for laryngectomees and their families throughout Cape Cod. What is a laryngectomy? A laryngectomy is an individual who - usually because of cancer - has had his or her larynx (voice box) surgically removed. Cancer of the larynx is one of the most curable of all cancers, with a cure rate of 90% if detected early and treated promptly. Most laryngectomees recover completely and go on to lead full and productive lives. The Nu-Voice Club of Cape Cod meets at 11:00 am on the second Thursday of each month, at the Yarmouth Senior Center, 528 Forest Road, South Yarmouth, MA 02664. (No meeting is held in

August). In addition to its monthly social and support meetings, the organization has developed a Hospital Visitation Program to provide one-on-one comforting support and encouragement to pre-surgery and post-surgery laryngectomy patients in Cape Cod and off-Cape hospitals. For additional information, please call its President, Bill Beardsley at (508) 419-1307, or its Secretary, Arlene Lavelle at (508) 760-3697.

VIDEO INTERPRETING SERVICES — Community Health Center of Cape Cod is offering video interpreting services to our patients with limited English speaking proficiency and/or hearing impairments at their three locations in Falmouth, Mashpee and Bourne. The Health Center has added these services to ensure that patients with limited English speaking proficiency and/or hearing impairments are able to access, understand and participate in their health care. Find out more about Community Health Center of Cape Cod at their website www.chcofcapecod.org/.

CURRENT EVENTS DISCUSSION — Tuesday, August 2, 10:45 am. This group is an informal meeting of people who are interested in staying involved with current events in our state, our country, and the world. Each participant will be invited to add to the discussion and share his/her ideas, feelings, and thoughts. Participation, although encouraged, is not required. Subjects are determined by the members of the group, and all views are respected. Dr. Robert Calzini will lead the class. He has been a teacher and administrator overseas and in the United States. Come and join us and keep those synapses functioning! Rsvp's are not required. Just stop in!



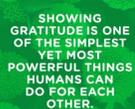
MATURE WORKERS PROGRAM NOW ENROLLING — The Mature Workers Program at Elder Services of Cape Cod and the Islands has immediate openings for income-eligible seniors 55+ who want to return to the workplace. Each year, the program helps dozens of individuals in transition due to job loss, relocation, family illness or another reason by providing them with a paid internship at a local non-profit or government agency. Individuals enrolled in the program work 20 hours per week and have opportunities to learn new skills while they accrue a relevant work history and professional network. The Mature Workers Program is part of the Department of Labor funded Senior Community Service Employment Program. For more information or to enroll, call (508) 394-4630, ext 543 or 540. Visit <http://www.escci.org/maturework.htm> to learn more.

AARP TAX FOUNDATION TAX-AID VOLUNTEERS NEEDED — Do you enjoy people? Do you think numbers can be fun? **If yes**, then we're

looking to share the fun with you. Since 1968 AARP Foundation Tax-Aide Volunteers have been helping low and moderate income taxpayers complete their

Federal and State income tax returns free of charge. New volunteers participate in a training program each Fall. Over a three week period of time (twice a week for 3 weeks) they are trained in the process of completing tax returns.

Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time. Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information



GRATITUDE — For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile...Elie Wiesel

- ♥ Grateful that all my meds are generics!
- ♥ Grateful for the peace and serenity that working in my garden provides for me.

contact: Pat Zeiss, Volunteer Coordinator at: patzeiss@juno.com or call (508) 255-2292.

THE MASHPEE SENIOR CENTER NEEDS YOUR HELP!



When calling the Senior Center: We are fortunate at the Mashpee Senior Center that our phone is answered during open hours by a real person, unlike other agencies that utilize an automated answering system. Please be aware that many of the individuals staffing our reception desk and answering the phone may be volunteers and may not necessarily know the answers to every question you ask when you call. So that you get the correct information, your call will be referred to the appropriate staff coordinator for response (Activities, Volunteer, or Outreach Coordinator as appropriate). If you know your question relates to either activities, volunteering, or outreach, feel free to ask to be transferred to the appropriate coordinator. And please be patient with our wonderful volunteers — their help is invaluable to ensuring the smooth operation of the Senior Center.

Activities: As you may know, our activity coordinator recently retired. We are working diligently to replace her, but until we have a new activity coordinator on board, we are asking for you to be patient with us.

Newsletter: Do you know that the newsletter is posted on our website each month? Check it out at this link: <http://www.mashpeema.gov/council-aging>. If you would like to read it on line, we would like to delete your name from our monthly newsletter hard-copy mailing database. Please call the Senior Center at (508) 539-1440 or stop by the front desk and let the receptionist know that you no longer need to receive a hard copy of the newsletter and confirm that we have your correct email address on file. Or you can send an email to coaofficeassistant@mashpeema.gov with your name and email address requesting to be deleted from the hard copy mailing list. **No action is needed on your part if you would like to continue receiving the mailed copy of the newsletter.** Thanks in advance for your help and consideration!



The State 911 Department would like to make you aware of an exciting program that could greatly benefit you or members of your family. This program is the **Massachusetts Equipment Distribution Program** or more commonly referred to as **MassEDP**. MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due issues such as hearing loss or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.

There are three eligibility requirements:

1. Residency in Massachusetts
2. Permanent disability that can be verified by a MA physician
3. Residential phone service

There are several different types of equipment, each offering special benefits based on disability. For more information and a complete list of equipment, please visit www.mass.gov/eopss/agencies/massedp/ or call 1 (800) 300-5658.



TRAVEL CLUB NEWS: 8/09 Mohegan Sun Summer Fun \$35; 8/18 Carnival Provincetown "Back to the 80's" \$35; 8/20 Waterfire Providence, \$35; 9/01 Martha's Vineyard "Up Island" w/lunch \$95; 9/22 WICKED Broadway Musical, 1 PM Matinee, \$80/\$115; 9/27 Winnepesaukee Scenic Railroad and Hart's Turkey Farm, \$105; 10/18 Covered Bridges of New Hampshire, Fall Foliage, Lunch,

\$89; 11/04 The King and I, \$80/\$112; 12/10 A Gentleman's Guide To Love and Murder, \$80/\$110. For a complete listing of all trips, stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here every Thursday from 9:00 to 11:00 am. Contact Karyn Wendell at (508) 420-5288 for more information. Mail payments c/o Karyn Wendell, P. O. Box 161, Centerville, MA 02632.

SCAM

ALERT

BE AWARE! Telephone, email, and door-to-door scams are continuing at a rapid rate.

1) From the Mashpee Police Department: The newest telephone scam that has been reported to the Mashpee Police Department is that a scammer will call claiming to be from a utilities company and advising they would like to reduce the resident's rates. The scammer states they need only the resident's name and social security number to proceed. **PLEASE REMEMBER TO NEVER GIVE YOUR SOCIAL SECURITY NUMBER OR ANY PERSONAL INFORMATION OVER THE TELEPHONE OR EMAIL.** If you have any questions please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext 7253.

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2) And from AARP's Fraud Watch Network: **Don't Become a Victim of Door-to-Door Home Repair Scams**

How it Works: A con artist representing himself as a contractor comes to your door and claims he has just completed work for a neighbor. Since he's in the neighborhood, he'll say, you can get work done at a steep discount. Only he will demand payment upfront, and then disappear. Or he'll do the work but it will be shoddy, or he will demand more money to finish the job.

What You Should Know: Be wary of anyone who comes to your door and offers to fix a problem. The con artist will try to pressure you into making a decision quickly. He or she will likely ask you to pay for the work upfront.

What You Should Do: Get a written estimate and compare bids before starting any work. Ask a contractor for three references and check them. Check with the Better Business Bureau for complaints before you hire a contractor.

A safe bet is to avoid working with contractors who contact you. When you do need to get work done, ask friends, neighbors and relatives for recommendations. And never pay a thing until you have a written contract in hand.



Please be aware when contacting the Senior Center staff that some positions are part-time grant funded, and those individuals are not in the office at all times. Please feel free to leave a message, and they will get back to you as quickly as possible when they return to the office.

Tuesdays	August 3, 10, 17	History of Cape Cod Presentation	10:30 am
Tuesday	August 9	Ice Cream Social	1:00 pm
Thursdays	August 4-25	Soc it to Me Exercise for Healing and Wellness	2:00 pm
Tuesday	August 16	Dental Health and Dental Insurance Presentation	2:30 pm
Thursday	August 18	Taking Care of Your Skin and Chronic Wound Care Presentation	1:30 pm

Mashpee Council on Aging Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses ().

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:15-11:00	Hearing Tests (1st) *	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 rd)
9:45-11:00	Gentle Yoga	9:00-11:00	Atty Mello (2nd) *	10:00-3:30	Foot Care Clinic (3rd) *
10:00-11:00	TOPS	10:00-11:30	Men's Club (1 st)	10:00-Noon	Painting
10:00-11:30	Atty Kosman (4th) *	11:00-12:00	Zumba Gold	1:00-3:00	Painting
11:00-12:00	Chair Yoga	11:00-12:00	Ask-a-Pharmacist (1 st)	11:00-12:00	Zumba Gold
12:30-4:00	Mah Jongg	12:00-4:00	SHINE *	1:00-2:00	Line Dancing
12:30-3:00	Pinochle	1:00-2:00	Drum Circle	1:00-3:00	Meditation (1 st)
1:00-4:00	Hand and Foot Canasta	1:00-3:00	Atty Lavender (1st) *	1:00-3:00	Canasta
1:00-4:00	Rummikub	2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	SHINE (2nd & 4th) *
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)	NOTES: 1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155 2. Activities are held weekly unless indicated otherwise by a specific week in parentheses (). * Appointments required; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule **Waiting list sign up required. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.	
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga		
10:00-11:30	Parkinson Support Network (2 nd)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)		
10:30-11:30	Coffee Talks (1 st and 4 th)	11:00-12:00	Zumba Gold		
12:15-1:15	Ballroom Dancing	12:30-4:00	Mah Jongg		
1:00-4:00	Social Bridge	1:15- 3:30	Veterans Services (1st & 3rd) *		
7:00-9:30	Tai Chi (Beginners please come 1 st Thurs)	2:00-3:00	Book Club (3 rd)		

Save the Dates! More info in the September Newsletter!

Thursday, Sept 8	Health Plan Options Presentation	Monday, Sept 19	VNA Health Fair
Thursday, Sept 8, 15	Cuba People to People Presentations	Tuesday, Sept 20	Quahog Jazz Quartet
Monday, Sept 12, 26	Monday Morning Movie Musings Discussion Group	Wednesday, Sept 21	Voter Registration at the Senior Center
Monday, Sept 12	Getting Along with your Children and Grandchildren	Tuesday, Sept 27	Talking with your Doctor Workshop
Tuesdays, Sept 13-Oct 18	Senior Painters Watercolor Class	Friday, Sept 23	AARP Safe Driving Class
Tuesday, Sept 13	Jumpin' Juba sponsored by the Mashpee Cultural Council	Mondays starting Sept 26	Arts & Crafts Class—details to be announced!
Thursday, Sept 15	Fall & Winter Hazards — How to prepare for them		

EMERGENCY PREPAREDNESS - The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the Town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Darlene Perkins.



MASSACHUSETTS ALERTS — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.



HURRICANE SEASON IS HERE, and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>. To prepare for a hurricane, here are some of the following measures to take to protect you and your family:

Build an emergency kit and make a family communications plan; learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate; make plans to secure your property; be sure trees and shrubs around your home are well trimmed so they are more wind resistant; clear loose and clogged rain gutters and downspouts; plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.

And don't forget about your pets! Check out Cape Cod D.A.R.T at www.capecoddart.org for complete details, but here are some basics: Know which shelters in your area are pet-friendly. If you go to a shelter, if possible bring a crate for your pet. Prepare an emer-

gency go-kit for your pet including at least 3 days of food in an airtight, waterproof container, at least 3 days of water specifically for your pets, and an extra supply of your pet's meds in a waterproof container. List the name and contact information for your pet's veterinarian. Keep up-to-date copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container in your kit.

Local Shelters (which ones will be designated as pet-friendly will be determined at the time of the emergency)

- ◆ Barnstable Intermediate School, 895 Falmouth Road, Hyannis
- ◆ Falmouth High School, 874 Gifford Street, Falmouth
- ◆ Sandwich High School, 365 Quaker Meetinghouse Road, Sandwich

DISABILITY INDICATOR FORM - **Are you a disabled elder?** Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

EMERGENCY ALERT SIGN UP - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.



SHINE news... **Hospital Observation Stays and Original Medicare**

Hospitals often admit patients under "observation" status. ***Patients under "observation" are considered outpatients even though they may stay in a hospital bed for many days.***

For those with Original Medicare, outpatient stays at a hospital could result in increased costs. Note, for instance, that Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility, and time spent under "observation" in a hospital will not count toward that three-day minimum. In addition, a Medicare Supplement (Medigap) will not cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans (HMOs, PPOs) will cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial. The Medicare Advocacy Project (MAP) would like to hear from you if you were in the hospital under "observation" and you now have a large bill from a skilled nursing facility. The Medicare Advocacy Project for the Cape and Islands is through South Coastal Counties Legal Services in Hyannis and their phone number is 508-775-7020. This is a free service for those on Medicare and MAP can help with all types of Medicare appeals.

SHINE Appointments: SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Senior Center at (508) 539-1440 to schedule a SHINE appointment. **Please note that 1) for couples, individual appointments should be booked for each person; and 2) SHINE counselors are not at the Senior Center every day. Please check the schedule of regular events on page 4 for their scheduled days and times.**

Did you guess that our mystery girl from last month's newsletter is a much younger Lisbeth Dineen, the office assistant for the Mashpee Senior Center? **Now it's your turn — let's have some fun! Email**

your childhood picture to coaofficeassistant@mashpeema.gov. We'll publish it in the newsletter and ask our readers to try to figure out who it is!





ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, August 26, 9:00 am.

Have questions about your health? We all at one time or another have questions we would like to ask a nurse. Each month Betty Blackham, RN, of the VNA is at the Senior Center to answer your health questions on the 4th Friday of each month. **Take advantage of this free service at the Senior Center and stop by!**

**This month's health topic:
SAFETY TIPS FOR OLDER DRIVERS**



While traffic safety is important for all drivers, seniors experience physical changes that can affect their driving abilities. Although some seniors can drive well into their 70s, 80s and 90s, others cannot. However, there are simple safety steps older adults can take to ensure they are driving safely.

Vision: The ability to see clearly while driving changes with age. According to AAA, the amount of light needed to drive nearly doubles every 13 years. For example, a 45-year-old requires four times as much light as a 19-year-old, and a 60-year-old requires 10 times as much. Good vision is crucial to driving, and senior drivers should keep the following in mind:

- ◆ Get an annual eye exam. Your eyes change rapidly, and early detection can slow the progress of many eye problems.
- ◆ Limit driving to the daytime. It takes more time for aging eyes to adjust to the glare of oncoming headlights.
- ◆ Keep your head and eyes moving. While driving, look ahead of your vehicle for other vehicles, pedestrians, animals or hazards.
- ◆ Keep your headlights, taillights and the inside and outside of your windshield clean. Choose a car with a clear windshield as tinted windows can reduce the amount of light entering the eye.
- ◆ Avoid wearing eyeglasses and sunglasses with wide frames that may restrict your side vision. Always keep your eyeglasses clean.

Medications: Many senior drivers take medications that may affect safe driving, leading to drowsiness and confusion. Seniors should talk to their doctors about the effects their medications may have on their driving abilities and follow these guidelines:

- ◆ Read the fine print. Many prescription and over-the-counter medication labels include the message "Do not use while operating heavy machinery." Be cognizant of the warnings on your medications before getting behind the wheel.
- ◆ Consult with your doctor before taking any new medications. The interaction between certain drugs can affect your ability to safely drive.
- ◆ If any medications cause fatigue or disorientation, stop driving.

Physical and Mental Fitness: Driving takes strength, flexibility and coordination and seniors should continue to participate in physical exercise to keep their motor skills sharp. Mental fitness is also important as older minds sometimes react more slowly than younger minds. Here are some ways for seniors to enhance their physical and mental fitness:

- ◆ Take a brisk walk every day or start a garden in your backyard to stay physically fit.
- ◆ Stimulate your brain. Activities such as crossword puzzles, brain teasers and card games stimulate your mind and enhance your problem solving, memory, reasoning and concentration skills.

CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES

This program is specifically for people with memory impairment and their care partners. **Wednesday, August 10 and 24, 1:30-3:30 pm.** CARES provides an opportunity for families affected by memory impairment to participate in two separate support groups — held simultaneously — that provide information, guidance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.



HEARING TESTS — Monday, August 1, 9:15 — 11:00 am by appointment.



Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 1st Monday of each month.

FOOT CARE — Wednesday, August 17, 10:00 am — 3:30 pm by appointment.

There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3rd Wednesday of each month.



LEGAL ASSISTANCE — We are fortunate to have attorneys that visit



the Senior Center on a monthly basis. Their appointment schedules are always completely booked. Please be aware that these appointments are for Mashpee seniors only, for consultations only and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:

Atty. Thomas Kosman of SCCLS: Monday, August 22, at 10:00 am — The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, August 2, at 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, August 9, at 9:00 am — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2nd Tuesday of each month)

Please try to consider the urgent questions that you have and try to choose the appropriate attorney. **PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.**

INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY — Friday, August 12, at 10:00 am.

Independence House, Inc., is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and programs for adults, teens and children (ages 6 and up) who are survivors of or affected by domestic and sexual violence. Anyone who has experienced abuse in the past or present or has a friend that is experiencing abuse can call its toll free hotline at (800) 439-6507 to speak confidentially to a counselor. **Independence House has a representative at the Mashpee Senior Center every 2nd Friday from 10:00 am – 12 noon** who will be available for sharing information, answering questions and assisting individuals with relationship concerns, as needed. **Appointments are not necessary; just stop by.**



MASHPEE COA OUTREACH PROGRAM MISSION STATEMENT

To assist seniors in our community to find the resources they need to help them make the best choices to maintain the highest quality of life possible.



Keeping in line with our Outreach Mission, please call Darlene Perkins, Outreach Coordinator, if you are struggling to make ends meet. Darlene is available to meet in her office, or she can set up a home visit if you are unable to come to the Senior Center. There may be options out there for you with transportation, food or just the knowledge of knowing what support is available in your community. Sometimes a "chat" can help, call Darlene Perkins, (508) 539-1440.

HOW CAN I GET HELP? Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply. [Benefits Checklist](#) asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. Go to www.benefitscheckup.org webpage to see if you qualify for any help.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form. Please call Outreach Coordinator, Darlene Perkins (508) 539-1440 if you need help.

SUMMER IS HERE! High temperatures can become very dangerous during summer months, especially for the elderly, and those who suffer respiratory ailments. Mashpee seniors who do not have air conditioning are encouraged to come to the Mashpee Senior Center to seek relief from the oppressive heat. Enjoy our air conditioning Monday thru Friday 8:30 – 4:30. You don't have transportation? Call the Senior Center (508) 539-1440 — our van can pick you up and return you home. Please see our June and July newsletters for tips on how to handle the heat or if you have questions, please call Darlene Perkins (508) 539-1440.



MANAGING STRESS IN HARD TIMES. Watching the news can be very stressful without even realizing how we are affected. When the world around us becomes stressful it is very important to take care of ourselves. Find out how to manage stress after a traumatic event

by following the CDC's recommended tips for self-care on their website. Strong emotions like fear, sadness, or other symptoms of depression are normal, as long as they are temporary and don't interfere with daily activities. If these emotions last too long or cause other problems, it's a different story. Go to: www.cdc.gov/features/copingwithstress

The best way to manage stress in hard times is through self-care.

- ♦ **Avoid drugs and alcohol.** They may seem to be a temporary fix to feel better, but in the long run drugs and alcohol can create more problems and add to your stress—instead of taking it away.
- ♦ **Find support.** Seek help from a partner, family member, friend, counselor, doctor, or clergy person. Having someone with a sympathetic, listening ear and sharing your problems and stress really can lighten the burden.
- ♦ **Connect socially.** After a stressful event, it is easy to isolate yourself. Make sure that you are spending time with loved ones. Consider planning fun activities with your partner, children, or friends.
- ♦ **Take care of yourself.** Eat a healthy, well-balanced diet. Exercise regularly. Get plenty of sleep. Give yourself a break if you feel stressed out—for example, treat yourself to a therapeutic massage. Maintain a normal routine.
- ♦ **Stay active.** You can take your mind off your problems with activities like helping a neighbor, volunteering in the community, and taking the dog on a long walk. These can be positive ways to cope with stressful feelings.

BROWN BAG PROGRAM — The Mashpee Council on Aging in partnership with the Greater Boston Food Bank (GBFB) is pleased to continue to offer the Brown Bag program to Mashpee residents who may need a little extra help making it from month to month. Participants may pick up a bag of groceries once a month at the Mashpee Senior Center, 26 Frank E. Hicks Drive, Mashpee at no cost to you — it is free! You are eligible for this program as a SNAP, Fuel Assistance, MA Health or another public assistance program recipient. A typical grocery bag weighs about 15 pounds and contains roughly \$35 worth of food items such as milk, cheese, pasta, rice, ground beef, tuna, green beans, peanut butter, and oatmeal, based on availability. If interested or if you have questions please call Darlene Perkins, Mashpee Outreach Coordinator at (508) 539-1440.



Deborah Converse's Volunteer Corner

THANK YOU!



Elder Services of Cape Cod and the Islands provides Meals on Wheels and daily lunches to seniors at the Mashpee Senior Center. We want to recognize ESCCI volunteers Pearl Moretti and Jill Connell, each of whom have been volunteering here for many years. They can always be counted on to be here to help each and every week!

VOLUNTEERS NEEDED

FOMCOA Thrift Shop needs substitute volunteers. Summer-time may mean lots of visitors for those of us lucky enough to live on the Cape. And when visitors come, often our volunteer commitments need to take a back seat. The Thrift Shop has a wonderful staff of willing volunteers, but we do need some substitutes to fill in when our regular volunteers are unable to participate. Please call Jean Nousse if you are interested or if you would like more information at (508) 477-2330.

Volunteer drivers needed! People who will drive others to doctors' appointments also are needed. Depending on your availability there are usually opportunities at least once a week. Lately there have been more calls for this volunteer service.

Start or lead a new activity. Do you ever find yourself saying, "I wish the Senior Center offered.....<fill in the blank>"? If you would be interested in starting an activity, we'd love to talk with you!

Please give Volunteer Coordinator Deb Converse a call at (508) 539-1440 if you are interested in volunteering.

NEW VOLUNTEERS

Thank you to these new volunteers for joining our ranks! **Kathleen Bloomfield, Carole Dorsky, Kathryn Jacobson, Virginia LeSieur, Bert McConnell, Ruth Nash, and Carole Ringer.** This has been a busy summer for volunteers. Since our activities continue through the summer it's great to have volunteers continuing to help.

OTHER VOLUNTEER OPPORTUNITIES

If you are interested in the environment, there are several volunteer positions through the **Senior Environment Service Corps** located with Elder Services of Cape Cod and the Islands. You can call Stefanie Paventy at (508) 966-5125 or Anita Lord at (508) 394-4630 for information.

Cape Cod Volunteers, a part of the United Way, has the mission of matching people to meaningful volunteer opportunities on the Cape. Check out their website for the latest opportunities www.capecodvolunteers.org/



Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! We will pick you up and drop you off at your door! Here is our schedule, come join us! The van will take you wherever you wish to go in each town it serves. To schedule rides, please call our receptionist at (508) 539-1440. **Our van cannot guarantee time of pick up or drop off.**

- ◆ **Mashpee and Sandwich — Weekly — Mondays.**
 - ◆ Please make medical appointments between 10:00 am and 1:30 pm.
- ◆ **Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday).**
 - ◆ Please note that Wednesdays are food pantry days.
 - ◆ Please make Mashpee medical appointments between 10:00 am and 1:30 pm.
- ◆ **Falmouth — Weekly — Tuesdays.**
 - ◆ Please make Falmouth medical appointments between 10:30 am and noon.
- ◆ **Hyannis — Once a month — 3rd Thursday of each month.**
 - ◆ Please make Hyannis medical appointments between 10:30 am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.**
 - ◆ Please make medical appointments between 10:30 am and noon.
- ◆ **SPECIAL MONTHLY OUTING —** On the last Friday of each month, you can ride the van to our “Day Trip Town of the Month.” When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! **Join us on July 29 to go to West Barnstable/Yarmouth Port.** Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.

The van is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our van with you. Please include this information in your van reservation. If you need special assistance, please contact Darlene Perkins, Outreach Coordinator, at (508) 539-1440. Van rides are free of charge. Donations are gratefully accepted. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

BOSTON HOSPITAL TRANSPORTATION — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 roundtrip, \$15 one way.

DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus) — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00 am — 7:00 pm; **Saturdays:** 9:00 am — 7:00 pm; **Sundays:** 9:00 am — 1:00 pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00 am — 5:00 pm by calling (800) 352-7155.
 - ◆ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.
 - ◆ Same day reservations and changes are not permitted.
 - ◆ Reservations can be made up to one month in advance.
- **Exact fare is required.** Drivers cannot make change.
 - ◆ Adults and youths: \$3.00 per ride.
 - ◆ Seniors and people with disabilities: \$1.50 per ride.
 - ◆ Children five and younger accompanied by an adult ride free of charge.



Leave a legacy

THE LEGACY PROJECT is an important part of keeping our history and memories alive. Many Mashpee seniors have been interviewed for this project so that their stories will be available to their families and in many cases, to others in the community. Come into the Senior Center and spend some time perusing the Legacy Project scrapbooks in our Library.

Many thanks to volunteer Marje Hecht for continuing to write up our legacy biographies, the latest of which is on Dick Nelson. Dick's life can be summed up by the phrase “Always Do Yer Best Yob”. Dick's father arrived at Ellis Island from Norway in 1921, knowing no English and landing a job with a construction company for \$1 per day. His son, Dick, went on to be the first in the family to graduate college and then was commissioned in the U.S. Navy. Dick then worked in banking, fund raising, and development, and became very active in volunteer work for the Boys and Girls Club. Lately Dick spends much of his free time as a bird carver as well as a wonderful husband, father, and grandfather. He leads the Mashpee Senior Center woodcarving group that meets every Tuesday at 9:00 am. One of the biggest lessons he learned from his father was “Vot ever you do, you do yer best yob.”



The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, body shape, size and ability.

MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH



Please join the Mashpee Police Department as it hosts Mashpee's first **National Night Out** on August 2, 2016, from 5:30 pm — 7:30 pm with the Mashpee Police and Fire Departments. This event is open to the public and will have multiple vendors, kids activities, and will showcase many of the Officers' special assignments. The Mashpee Senior Center is pleased to have a table at this event, and we look forward to seeing you there. The Mashpee Police Department anticipates National Night Out being well attended, and hopefully, it will become an annual event! Please come out and connect with your community and the Police Officers that serve you. We hope to see everyone there! Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480 ext 7253.



DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center on Monday - Friday at 11:30 am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$2.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center! You need to call (508) 477-0910 24 hours in advance to reserve a meal. If you have questions, call Annette at the luncheon program at (508) 477-0910. **If you want to see the current menu**, please visit the Elder Services web site at <http://www.escci.org/>. Then click on "Our Programs and Services," then click on "Senior Nutrition Program." Once there, you can then select "Barnstable County Meal Sites Menu."

MASHPEE SENIOR CENTER MILESTONES: The Sea Mist swimming program for Mashpee seniors began in 1986 — **30 years ago!** Thanks to our friends at Sea Mist for hosting this wonderful activity!



To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.

HONOR ROLL **If you wish to honor a loved one**, the Mashpee Senior Center offers commemorative gold and silver leaves, prominently displayed in the entry foyer, beautifully engraved to memorialize family and/or friends. We also etch permanent patio bricks, preserving names and sentiments, on the patio area outside. For more information, please call the Director, Lynne Waterman at (508) 539-1440.

<p>Lynne Waterman, Director lwaterman@mashpeema.gov Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov Linda Wicks, Principal Clerk lwicks@mashpeema.gov</p>	<p>Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov</p>	<p>Peggy Rose, Receptionist prose@mashpeema.gov Robert Morton, Van Driver rmorton@mashpeema.gov Lewis Newell, Van Driver lnewell@mashpeema.gov</p>
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MASHPEE COUNCIL ON AGING MISSION STATEMENT:

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town’s seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

Our Core Values

RESPECTFUL



WELCOMING



SUPPORTIVE

Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
Ernest Cornelissen, Chairperson, Council on Aging

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

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Mashpee, MA 02649

The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.